(c) Yes, Sir. Central Board of Film Certification while certifying films for public exhibition are guided by the principles enumerated in Section 5-B of the Cinematograph Act. 1952 and the guidelines issued by the Government in exercise of the powers conferred by sub-section 2 of Section 5-B of the said Act. A copy of these guidelines is enclosed *[vide* Unstarred Question 167 supra]

Usefulness of Aspirin in containing heart attacks

213. SHRIMATI KRISHNA KAUL: Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether Government's attention has been drawn to a news item that appeared in the Hindustan Times' dated the 28th January, 1988 under the caption 'Aspirin cuts risk of heart attacks' wherein it has been stated according to a research conducted in the U.S. that risk of heart attacks is cut to half if one aspirin 13 taken every day; and

(to) if so, the reaction of Government in this regard?

THE MINISTER OF STATE IN THE (MINISTRY OF HEALTH AND FAMILY WELFARE (KUMARI SAROJ KHAPARDE): (a) Yes, Sir.

(b) The suggested dosage is about half a tablet of Aspirin per day or atleast a tablet on alternative days. Aspirin is contra indicated in any beleeding disorder.

Curriculum in Primary School

214. SHRIMATI KRISHNA KAUL: Will the Minister of HUMAN RESOURCE DEVELOPMENT b_e pleased to state:

(a) whether Government propose to reduce the number of subjects taught in primary schools in the country; and

(b) if so, the details thereof?

THE MINISTER OF STATE IN THE DEPARTMENTS OF EDUCATION AND CULTURE IN THE MINISTRY OF HUMAN RESOURCE DEVELOPMENT (SHRI L. P. SHAHI): (a) and (b)The N.C'.E.R.T. has specified the subjects that should be taught at primary level in the 'National Curriculum or Primary and Secondary Education-A Framework'. There is no proposal to reduce the number of these subjects.

Methi Seeds Helpful in reducing the Diabetes

215. SHRIMATI KRISHNA KAUL: Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether it is a fact that according to investigations conducted by National Institute of Nutrition Hyderabad Methi (Fenugreek) seeds have been found beneficial for checking diabetes; and

(to) if so the details thereof and the steps taken to promote its use?

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (KUMARI SAROJ KHAPARDE); (a) Yes, Sir.

. (b) The studies conducted by National Institute of Nutrition, Hyderabad, indicate that Methi (Fenugreek) seeds are beneficial in the management of diabetes. The studies indicate that ingestion of fenugreek seeds tend to lower blood glucose serum cholestrol and triglyceride levels in diabetes individuals. Clinical system like polyurea, excess hunger and thirst also are reduced.

To begin with, 25 grams Fenugreek seeds may be taken in 2 equal doses of 12.5 grams each alongwith lunch and dinner. They can be added to Chapati, Rice, Dal; Vegetable or Chutteny and make salty or sour according to taste. The seeds can also be taken as such or in powder form in drinking water or in butter milk 15 minutes before the meal.

A popular article on diabetes mellitus and Fenugreek seed was pub-